

Using an Asthma Action Plan

Ask your doctor to make an Asthma Action Plan for you. A plan can be very helpful, especially during an asthma flare-up.

Your Plan Can Help You Decide:

- What medicines to take
- When to take them
- How much to take
- When to get help

Making Your Plan

Ask your doctor or nurse to fill out your Asthma Action Plan. Your plan should include:

- Emergency phone numbers
- Asthma signs and/or peak flow ranges (if you are using a peak flow meter)
- Medicines

Update the plan every 3 to 6 months with your doctor or nurse.

Sharing Your Plan

Use your Asthma Action Plan to teach others about your asthma. You may want to give a copy to friends, relatives, teachers, coaches, neighbors, and babysitters. Then they can help you if you have a flare-up.

An action plan uses 3 color “zones” to help you decide what to do:

GREEN ZONE	Your breathing is good. Take your green zone medicines every day to keep most asthma flare-ups from starting.
YELLOW ZONE	You're having a flare-up. Take your yellow zone medicines to keep it from getting worse.
RED ZONE	You're having a serious flare-up. Take your red zone medicines and get help now.



Share your Asthma Action Plan with others.